

Food from 4

Countries

by Konstantinos Orfanoudakis and John Moraitakis

United Kingdom

Breakfast

British people prefer to eat a simple breakfast which contains toast, butter, marmelade or honey, muffins and of course coffee or milk.

Only at weekends they offer themselves the luxury of a full breakfast which includes fried bacon, eggs, sausages, braunies, and of course hot beverages such as coffee, tea or juice.

Lunch

Many families in Britain, because of the supper they offer themselves every night, they prefer a simpler

lunch such as a sandwich or a soup with some salad.

In school students can choose between a hot meal which is served in the cafeteria or in the canteen, or a lunch pack (bread, fruits and other) which kids carry from their houses.

Cream tea

In traditional tea rooms, British people sometimes enjoy cream tea. Scones with clotted cream (thick cream made by indirectly heating full cream cow's milk) and marmelade are served with the tea. Cream tea is a tradition mainly in Devon and Cornwall counties.

Supper

British families prefer a hot meal around six o'clock in the afternoon even if they have already eaten lunch. Sometimes people eat snacks later in the evenings. That's called supper and it includes a sandwich or a hot soup with a salad.

france

Breakfast (le petit-dejeuner)

Breakfast in France is not luxurious at all. It's the smallest meal of the day. France usually eat sweets for breakfast, which as a rule contains only cookies or bread with marmelade. Usually a hot beverage such as coffee or tea is served with breakfast. Some people add in the previous musli, milk, fruits or juice. Weekends and holidays the usual white bread replaces the famous croissant, brios, "pains au chocolat" (bread with chocolate) or other kinds of bread.

L'aperitif (Aperitif)

"Aperitif is the drink that France people drink before meals for opening your appetite. It comes from the Latin word aperire which means open. Champagne, porto (fortified wine produced exclusively in the Douro Valley in the northern provinces of Portugal), pastis, martini and of course kir (are the drinks that are served as aperitif). Aperitif is served

with olives, appetizers, or just crackers with nuts.

Supper (le diner)

In France they eat supper around 20.00. Supper and lunch are the most important meals of the day. It is a chance for the family to get together around the table and talk to each other. At weekdays supper includes three dishes: Appetizer, Main dish, cheese or dessert. At weekends and holidays supper lasts many hours and they contain five or seven dishes. At holidays according to the dish different wines are served.

Snack (le gouter)

Gouter which France also call quatre-heures (4 o'clocks snack) is a simple meal which is being eaten at 16.00 when the kids come back from school. Gouter is a chance for a small break. It contains sweet pies, fruits or vegetables. Kids drink milk, juice or cocoa and the older drink coffee or tea.

Italy

Breakfast

Italians, like the French and Spanish, enjoy light breakfasts, usually consisting of an obligatory coffee or hot chocolate and one of a wide range of pastries. In Italy, breakfast is typically an on-the-go meal, eaten at a breakfast bar—often standing—or on a bar stool. Italian breakfast usually contains breakfast skewers (sweet Italian sausage and peppers or onions are threaded onto a skewer and fried), cornetto (croissant), biscotti (a kind of sweet bread that is baked, cut, then baked again to form slices of hard, sweet biscuit), brioche (a soft, sweet bread made with eggs and butter), and of course bread with cheese.

lunch

lunch is the most important and elaborate meal of the day for Italians. They take off from whatever work they have for two hours for lunch. Their traditional dishes are risotto, pasta, pizza and of course meatballs. From desserts they have tiramisu and of course gelato.

Supper

As crazy as it sounds the italians don't eat supper. Or if they do they eat left overs from lunch or simple snacks such as yoghurt with crackers, cheese with bread and olives and other.

Germany

Breakfast

In Germany people consider that breakfast is the most important meal of the day. There for their breakfast contain cold meats (including their famous sausages) and cheeses are served along side a variety of breads and sweet toppings like jam, marmalade and honey. Soft-boiled eggs, cereal and fruit would round out a large breakfast.

lunch

Food has always been a major part of German culture. Some of their traditional dishes are:

-Kartoffelsalat (potatoe salad)

-fish

-Nudeln (Spaghetti)

-Gulash

-Soup

-Schnitzel

-Sausages

Those are some of their traditional dishes.

Supper

In Germany people always prefer a cold supper such as yoghurt,cheese,spinach and bread.Sometimes they might combine those foods with a hot tea.left overs can be also a solution for them!

Hope you enjoyed it !

: "1000 μ , , , μ
:
μ :

Typing: